

# **Chapter 1**

## **Introduction to psychology**

## **Definition of Psychology**

**Is scientific study for all organisms' behavior to understand, control, interpret and predict it by following scientific methodology steps in addition to using theories and results of previous studies.**

# Behavior

Behavior = Response or Action.

Behavior is what person may do while interacting with environment, and determined by several factors such as

- Age
- Culture
- Gender ( Sex )
- Past experiences
- Education
- Mental health
- Physical health
- Personality traits
- Moods and emotions
- Mental abilities
- Intelligence
- Physical conditions
- Social restrictions

## Types of behavior

Types of behavior may be classified for many categories or on many levels as the following:-

- Direct ----- Indirect
- Immediate ----- Delayed
- Verbal ----- Non - Verbal
- Internal ----- External
- Mental ----- Physical
- Social ----- Political
- Global or massive ----- Individual

# Organism

Psychology is concerned with manipulating organisms not only human being because there are several studies are done by using animals for experimentation specially in the field of Psychophysiology and biology of behavior for ethical and legal considerations

## Organism is:-

Systematic biological structure having regular form, identity, having vital – physical – mental functions, and classified into category.

## Categories of organisms

- **Human Being**
- **Animals**
- **Flyers**
- **Insects**
- **Plants**
- **Micro - organisms like Virus, Bacteria, and Microbes.**

## **Main features of scientific studies**

**There are certain features for scientific studies as the following: -**

# 1- ) Using methodology

## What is Methodology

is certain sequential steps which are logically arranged and systematically applied ( step 1 should always be done before step 2 and step 2 lead to step 3 --- steps 3 never be done before step 2 or 1 .



## 2- ) Objectivity

Objectivity has 2 phases or reflected through 2 levels

A-) Being fair or non-biased by evaluating all events or cases as they are actually not as personalized vision.

B-) Obtaining or reaching the same results approximately for the same issue or investigation when assessment or measurement is done by 2 or more investigators or researchers , or done by the same researcher twice in the same conditions and clients or persons or patients ( the same population )

### **3- ) Accumulation**

**Any science is established and based on several scientific studies and researches which help in having wide range of data and clear vision to investigate more issues and subjects and improve sciences.**

## 4- ) Assessment or measurement

Assessment or measurement is transforming data into digital form and ever thing is explained by digits, numbers or presented statistically which is considered useful for reaching fairness or objectivity for manipulation of issues and phenomena.

Thus all scientific studies should be measurable or having methods for measurement and calibration.

# For example

## In Psychology:

**Data about psychiatric patients and psychological states is presented through scores of psychological testing or performances or scales.**

## **In medicine:-**

**To evaluate the patient health the nurse and physicians have to record digital records for body temperature and blood pressure.**

# 5- Tools

All scientific studies depends on tools for investigating their issues and measure variables and every branch of science have its specific tools which suits assessment of variables and evaluation of subjects.

# Tools in Psychology

The most common tools in Psychology are

## 1-) Questionnaires

Psychological questionnaires and scales consist of items that cover certain behavior, applied to be self-administrated or answered for person not less than average of intelligence and educated NOT LESS than preparatory school which are considered requirements for self-reading and self-understanding items

Psychology there are questionnaires for personality trait, mental abilities, attitudes, beliefs, values..... etc.

## 2-) Interviews

When scales and items of questionnaires are asked by Psychologist to subjects or researchers it is considered interview and usually done with persons in low level of education less than preparatory schools and in less than average of intelligence.



### **3-) Observations**

**Observation is monitoring or recording behavior in sheets in cases of psychotherapy or follow up for behavioral changes due to psychological interventions or investigating new phenomena to collect data.**

## **Types of observations**

**There are TWO main types of observations in psychological studies and researches.**

## **A- Systematic observations**

**It depends on recording the person's behavior in certain sheets for time and places to enable psychologist of understanding and evaluating behavior.**

**B- Non – Systematic or random observations**

**It is done by the way or accidentally by chance not organized when certain behavior or new issue or unusual events happen and attract Psychologist attention.**

## **4-) Performance tests**

**Physical and mental abilities could be assessed or measured or evaluated by psychological tests like performance scales of Wechsler scale for intelligence and manual dexterity and mirror drawing test ..... etc.**

# Why Psychology is important for medical team work members from different specialties?

To understand why Psychology is very important for medical team work members from different specialties or how Psychology is useful and important in medical situations?

**1- ) persons should have clear vision about others especially whom work within team work consists of several persons with various types of personality traits, believes, attitudes and past experiences which requires understanding psychology of persons to deal more effective and produce maximum production during working with others.**

**2- ) Studying Psychology improves personal and social skills for physicians and nurses.**



**3- ) Psychology enables persons of understanding personalities and moods of others which help them to give the best level of healthy interactions**

**4- ) Psychology help doctors and nurses in controlling patients' behavior in all situations.**

**5- ) Psychology improves doctors and nurses' communication skills during medical situation with patients and their families or relatives and visitors, in addition to the other physicians and colleagues.**

**6- ) Psychology is important for medical team work communication with patients and help them to know how to explain simply medical instructions for patients, how to tell patients the diagnosis of their complaints to reach the maximum level of clinical obedience .**

# What is clinical obedience?

Clinical obedience is following patients for medical instructions and administering drugs regularly

7- ) medication and medical procedures and various types of treatments only are not enough for recovery because Any person ( patient ,nurse , physician , colleague .....etc. ) consists of 2 main INTEGRATED components.

## **A-) BODY: -**

**Includes physical structure, internal body systems and dimensions.**

## **B-) PSYCH**

**Includes the person's personality profile and traits, mental abilities, past experiences and social background which involves socio – economic status and cultural determinants.**

**8- ) Psychology is very important for dealing with psychosomatic patients.**



**The integration between the two (2 )  
components of human being (Psych & Body)  
requires studying and understanding  
Psychology for all medical team work  
members in all situations .**